

DISCOVER YOUR BEAUTY BLUEPRINT

Review the below tips and put a star next to the top tips that stand out to you.

Pay attention to how you respond when you read each one.

Connect deeply to the words and tap into your inner intelligence.

If there is an inner spark or desire to try one out, put a star next to it.

That subtle inkling is a sign that you are connecting to that particular concept.

That is your invitation for practice.

Remember, self-acceptance and positive body-image is a journey, and it takes time and practice.

Be patient with yourself and celebrate the progress you make along the way.

1. Self-acceptance: Embracing your own unique beauty starts with accepting and loving yourself as you are, including your physical appearance.

HOW TO:

Embrace your body: Focus on appreciating and accepting your body as it is, rather than striving for an idealized version.

Engage in activities that make you feel good physically, such as gentle/intuitive movement and practicing mindful eating.

Surround yourself with positive body image messages and avoid comparing yourself to unrealistic standards portrayed in the media.

Set boundaries: Learn to prioritize your own needs and set healthy boundaries in various aspects of your life. This includes saying "no" when necessary, delegating tasks, and not overextending yourself. Recognize that it's okay to put yourself first and take care of your own well-being.

2. Practice self-compassion: Treat yourself with kindness and understanding, especially during challenging times.

Acknowledge that making mistakes and facing setbacks are part of being human. Instead of being overly critical, offer yourself compassion and support.

Engage in self-care activities that nurture your emotional well-being, such as journaling, meditation, or spending time in nature.

3.Positive self-talk: Develop the skill of using positive affirmations and self-talk to counter negative thoughts or societal pressures about beauty standards.

4.Self-care: Prioritize self-care activities that make you feel good, such as skincare routines, joyful movement, mindful/intuitive eating, and getting enough rest.

5.Confidence: Cultivate confidence in your abilities, talents, and qualities beyond physical appearance. Focus on your strengths and accomplishments.

6.Personal style: Explore and experiment with different styles of clothing, makeup, and hairstyles to find what makes you feel comfortable and expresses your individuality.

7.Inner beauty: Recognize and nurture your inner qualities, such as kindness, compassion, intelligence, and resilience, which contribute to your overall beauty.

8.Body positivity/neutrality: Practice body positivity and neutrality by appreciating and celebrating your body for its strength, functionality, and uniqueness, rather than focusing on perceived aesthetic flaws.

9.Mindfulness: Develop the skill of being present in the moment and cultivating gratitude for the beauty around you, whether it's nature, art, or human connections.

10.Authenticity: Embrace your authentic self and let go of trying to fit into societal expectations or comparing yourself to others. Celebrate your individuality and embrace your quirks.

11. Surround yourself with positivity: Surround yourself with supportive and uplifting people who appreciate and value you for who you are. Avoid toxic relationships or environments that undermine your self-esteem (including social media). Together, we can create a community that celebrates all body types, skin tones, and backgrounds. Let's inspire each other to love ourselves unconditionally!

12. Practice Patience: Remember, embracing your own unique beauty is a lifelong journey, and it's important to be patient and kind to yourself along the way. Aim for progress day by day rather than perfection.

13. Know You are Worthy because you exist: Your worth is not defined by a number on a scale or the size of your swimsuit. Every curve, every freckle, and every scar tells a story of strength and history. Own it, flaunt it, and be proud of it.

14. Nourish Yourself: Focus on nourishing your body with kindness and self-care (in ALL ways: emotionally, nutritionally, spiritually, physically).

15. Embrace Practicing the skills: Change that is slow and steady is way more beneficial long term than any “quick fix.” Practice these skills daily and watch your body image heal.

